

# THE DIAMOND CHRONICLES



June 2023

## Newsletter of the Black Diamond Recreational 4wd Club Inc.

CLUB UHF CHANNEL 10  
**Po Box 709 Kiama NSW 2533**

**Club meets on the third  
Tuesday of the month  
At the**

**Illawarra Yacht club**

Next Club  
Meeting

**July 18th**

at  
IYC  
1 Northcliffe  
Drive,  
Warrawong

at 7:30pm

### *Inside this issue:*

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Blood donation	

Our web page:

<https://sites.google.com/site/blackdiamond4wd/home>

Club email address:

[blackdiamond4wd@gmail.com](mailto:blackdiamond4wd@gmail.com)

Group email:

[black-diamond-recreational-4wd-club -inc@googlegroups.com](mailto:black-diamond-recreational-4wd-club-inc@googlegroups.com)

Facebook:

<https://www.facebook.com/groups/blackdiamond4wd/>

### **Disclaimer**

**The opinions expressed within this newsletter are not necessarily those of "Black Diamond Recreational 4wd Club Inc", its committee or it' members. All care is taken but the "Black Diamond Recreational 4wd Club Inc", its committee or its members will not be held liable for any errors or omissions in articles, advertising or other items published in this newsletter or for any damages incurred by readers following any advice published in this newsletter.**

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**Association delegate** 0409 668 175

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# ILLAWARRA YACHT CLUB



**If you wanted to have dinner before a meeting here is a link to the Facebook page of the club to check out the menu.**

**[https://www.facebook.com/pg/theillawarrayachtclub/menu/?ref=page\\_internal](https://www.facebook.com/pg/theillawarrayachtclub/menu/?ref=page_internal)**



# The Editor's Desk

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Greetings fellow earthlings,

Hopefully you've all had a happy and enjoyable month since we last spoke.

Certainly a number of the members have had 'great' times-see trip reports.

By the time you receive this missal some of us will have been down to the 'DIGS to labour mightily on setting things for a more comfortable stay. Hopefully we will all then be able to utilize the Digs more often and 'party hard' [more or less]

Remember that annual dues are 'due 'before August.-see Lees preamble

Enjoy and have a great month-see you at the monthly meeting if you can make it.

These are the bank details if you need them.

[BLACK DIAMOND RECREATIONAL 4WD](#)

**Direct deposit details:**

**Bank: C U A**

**Account #: 31053069**

**BSB: 814-282**

# Preamble

<https://sites.google.com/site/blackdiamond4wd/home>  
**NEXT MEETING, @ Illawarra Yacht Club**

Welcome members and guests.

Just a quick report this month as I have held up this month's magazine enough (sorry John), the talk of the town this month is the progress on Diamond Digs. I know a lot would have seen the progress shots on the club's social page, but those are just a small window into the amount of work that has taken place to get to where Diamond Digs is now. At first, it seemed simple, dig a few holes, plant the footings, and erect a carport, well this couldn't be further from the truth. To achieve a level area large enough to house the carport a large amount of earthwork had to take place, once completed the complex task of assembling and standing the carport took place. I think we all need to think about the challenges, the site is a bush block with two planes of distortion, and the processes to gain the levels at best would be described as crude and anything that was not available on site was improvised. So, for the team of members who pulled this off, you are incredible as the result was the carport was within 1 mm of the plans. I know it has been said numerous times and will be said again but thank you for the great effort and results.

Club fees are now due, so in the next day or two, I will be sending out the 2023-2024 renewal form. It is important that the club receives an updated membership from each membership, this is for insurance reasons, even if nothing has changed, we still need a form for record-keeping reasons. If you are not renewing your membership this year, as sad as it will be can you please let us know so we can update our information and ensure you don't continue to receive unwanted information from the club? As voted at the June committee meeting membership will remain at \$80.00. If anyone has any questions about paying their fees, please give me a call to discuss suitable options. The other extremely important part of paying the club fees is our Annual General Meeting will take place in August and to be on the committee you need to be a financial member of the club.

The club Christmas event has been booked at the Cataract Scout Camp for the 1<sup>st</sup> - 3<sup>rd</sup> of December, it's a great event to chill out and relax before the mad rush to the 25<sup>th</sup> of December, costings are still being finalized but will be around \$60.00 per person less for our billy lids which will include camping Friday & Saturday night, Saturday evening festivities and breakfast Sunday morning. The site also has showers and toilets and camp kitchen. We do have a minimum number target to reach, also a maximum we can't exceed, if you are planning to attend, we will require a deposit to secure your booking. Mac will have more details at the September meeting.

As reported at the last meeting Greg now has two Satellite phones in operation for the club's use and to Greg's credit at a cheaper price than operating one phone, thank you to Greg for chasing this up and thank you to Carla for the use of the second phone. I would also like to send a get well message to Craig who unfortunately was the victim of a hit and run in Sutton Forest some weeks ago, Craig is now home and working extremely hard to return to preinjury fitness, it's a steep climb but one I'm sure Craig will commit to. Also, to Carla who is recovering from a couple of personal operations that have occurred over the last few months, wishing you both speedy recoveries and hoping to see you both in full health as soon as possible.

Cheers  
Lee

I travel not to escape life. But for life not to escape me.  
<https://sites.google.com/site/blackdiamond4wd/home>  
**NEXT MEETING, 18<sup>th</sup> July 2023 @ Illawarra Yacht Club**



Black Diamond Recreational 4wd  
Club inc.  
P.O. Box 709 Kiama  
NSW 2533.



Black Diamond Recreational 4wd Club inc.  
General Meeting Tuesday 2022  
**Illawarra Yacht Club Warrawong NSW.**

## Black Diamond Recreational 4WD Club Inc.

General Club Meeting Minutes. 20 June 2023  
Illawarra Yacht Club Warrawong

**Meeting opened:** 7.35 pm.

**Committee Present:** Lee Dunstan President/Chair

Alan Goodridge Secretary

Vice President - Apology

Anne Poulton Treasurer

Ian McIntosh Trip Coordinator

John Poulton Magazine Editor

**Sub Committee:**

Driver Training/Awareness: Vacant

Social Secretary: Tony Annable

Sergeant at Arms: Rob Howes

Land Care: Ken Davies

Welfare/Apparel: Lenore Lawson

Library/Video : Nicole Douglas

Membership Coordinator: Nicole Douglas

Quartermaster: Alan Goodridge

Web Master: Greg Carthew

Project Co-Ordinator Carla Hopley - Zoom

**Attendance:** As per attendance register. 35 Members 1 Guests

**Zoom:** Carla Hopley

**Apologies:** Wes Hurt, Brad Thomas, Peter & Nellie Smylie, Craig Rumsey Bike Accident

**Guests:** Clint Andrews

**Previous minutes:** Read by Alan Goodridge Moved Shane Jones Seconded Nicole Douglas

**Business Arising:** Previous minutes had Carla as an apology should have shown on zoom.

**Presidents Report:**

Meeting with National Park 17/5/23 re the booking system & it failures. To gather info on issues \$6 booking fee nil goes to National Parks all goes to a US Company. No refunds for non arrival or finding site already occupied.

1. Privacy lock details sent out were for a incorrect item. Please ignore.
- 2.
3. Nat Parks & from the Club. Congratulations to all who attended for a very well deserved thank you for all the work completed.
- 4.
5. Koala numbers. There has been a big increase in reported numbers.
- 6.
7. WCC – Education area Darks Road. Being pushed through Wollongong Council again.
- 8.
9. Club trailer tail gate has been completed.

1. Congratulations to Luke & Cheryl on taking out cooking prizes at the Association weekend at Crookwell.
- 2.
3. 4WD Association August meeting being hosted by Black Diamond at The Illawarra Yacht Club
- 4.
5. Membership fees are due the committee has voted to leave the fees the same with no increase.
- 6.
7. Xmas party to be held at the Cataract Scout Camp late Nov early Dec. Updates to follow.

8.  
**Secretaries Report:**

Inward mail:

1. Pivot Account – Re Sat Phone
- 2.
3. Bank Statement
- 4.
5. Email Memberships.
- 6.
7. Email from National Park thank you for works completed at Bowmans House
- 8.
9. 4WD Association invoice for membership fees

Outward Mail:

1. Membership enquiries.
- 2.
3. Email to National Parks advising works completed at Bowmans House

- 4.
5. Application to host exhibit at 4wd Show Kembla Grange

**Vice Presidents Report:** Nil Apol-

ogy

6.  
**Treasurer:**

\$ 3736.17 Bank

\$ 4490.38 The Digs

\$ 00.00 Cash on hand

\$ 8226.55

**Trip Co-Ordinator:**

See trip register emails for full details & registration. Please let Ian know of any trip you would like to undertake or plan.

May Flinders Ranges

June Long weekend Bowmans House – Working Bee

September Simpson Desert

Sept/Oct Possible Cockatoo Run (Train)

TBA Toyota Club – Land visit

**Trip Reports**

7-8/10/23 Toyota Club – Land visit

1/7 July Working bee at The Digs – See Macca

8-9/7/23 Nerriga Xmas in July

12/8/23 Macca's mystery tour. Zip lock bag & umbrella required

19/8/23 4WD Association meeting at Yacht Club

September Simpson Desert

Sept/Oct Possible Cockatoo Run (Train)

7-8/10/23 Toyota Club – Land visit

Ongoing Dapto Bush dancing. See John & Anne

See weekly email from Trip Coordinator for full details.

**Editor:** Usual Deadline 2 weeks from Friday Midday.

Magazine will be late this month due to Editor going to The Digs for the working bee/carport erection.

Requested for interesting articles/ For Sales etc for inclusion in the magazine.

**Social Secretary:**

Easter Special

Raffle: 1<sup>st</sup> Wayne McGuffie Mystery Box

2<sup>nd</sup> Wendy Straughan

3<sup>rd</sup> N/A

Mystery Box - Taken Shane Jones

**Webmaster:**

When sending photos to the webmaster details of where/when & who is in the photos need to be advised.

**Members Draw:**

John Blair

**Association Delegate:**

Next meeting August at Illawarra Yacht Club

**New Members:** Nil

**Quartermaster:**

**Note to be updated shortly with all non-essential gear being stored at Kembla Grange)**

The Quartermaster has available for loan:

Satellite Phone and Defibrillator (which comes with a good First Aid Kit)

See V.P. Greg, Air compressor, Club BBQ, Drag chain,

First aid kits, Esky x 2, club banner, Wind flags x 2,

Hand Winch, Snatch strap, high lift Jack.

**Library:**

Books & magazines have been collected from the Scout Hall.

If you require a book let Nicole know she will bring it to the meeting for collection.

Can everyone look under their beds, lounge or any other place you read to see if you have any of the club books there is a

few missing. The fee for returning outstanding books is a very nominal fee.

Does anyone have the Tasmania Trip report- it is missing.

**Welfare:**

Note this year's form has a nomination to have yours & family members birthdays shown in the club magazine. If the box

is not ticked YES it will be assumed you do not want the birthday publicised & will not be included in the magazine or

monthly birthday draw.

**Birthdays draw.** John Blair.

**General Business:**

**1.** General discussion on the Sat phone plans.

**2.**

**3. Next meeting:** 18 July 2023 at 7.30pm **At The Illawarra Yacht Club.**

**4.**

Meeting closed 9.25 pm

Moved by: Shane Jones Signature: .....

Seconded: Nicole Douglas Signature: .....\_\_\_\_\_



# Black Diamond      Treasurers Report

## Black Diamond June Treasurers Report

	YTD
Donations	\$0.00
Trailer Rego/Expenses	\$356.00
Birthday Scratchies	\$24.00
Refunds to members	\$389.85
Club Insurance	\$0.00
4WD Association Fees	\$1,265.00
Dept of Fair Trading	\$0.00
Hall Rental	\$0.00
Diamond Digs Expenses	\$0.00
Club shirt/ Merchandise	\$736.69
Stickers	\$0.00
Diamond Digs Rates	\$1,200.00
Raffle	\$589.30
BBQ Expenses	\$455.96
Miscellaneous	\$0.00
Event	\$2,082.30
Post Office Box	\$180.00
Association Delegate Expenses	\$0.00
Magazine Prize	\$0.00
Satellite Phone	\$499.54
Purchase of Assets	\$0.00
Payments	\$7,778.64
Deposits	\$5,551.03

	YTD
Interest Received	\$0.00
Events	\$1,375.00
Diamond Digs Camping Fees	\$0.00
Club Stickers	\$10.00
Miscellaneous	\$110.00
Satellite Phone Use	\$0.00
Membership	\$1,975.44
Joining Fee	\$800.00
Shirts/ Merchandise	\$381.89
Raffles/Fines	\$898.70
	\$5,551.03

General Club Acc. \$3,477.07

Diamond Digs Acc. \$4,490.38

## Members Matrix

- **Marketing**
- **First contact**
- **Second contact**
- **Becoming a member**
- **Engagement**
- **Being a member**
- **Training**
- **Departure consultation**

### Marketing,

- Word of mouth / Other club members' recommendations
- Club suppliers/sponsors
- Facebook/Twitter/Instagram or other social platforms
- Websites
- State Association

### First contact **(this needs to be the right person)**

- What are they looking for in a club and their location
- What our club offers and its structure and age
- What vehicle do they own and what modifications
- Ask about any formal training
- Have they been in another 4wd club (yes, enquire why they are now not)
- Give clear meeting locations and times & the person they need to find
- Ask if they would like to be added to the club mailing list
- Exchange personal contact numbers so if they have questions, they can ask the same person or if things change you can also contact them.

## **Second contact**

- Greeting one on one and explaining the meeting process
- 
- Fill in the Meet a Guest form
- 
- Introduce the visitor to the club via information from the Guest Form
- 
- If more than one guest, have extra club champions sit with the other guest and give the same information.
- 
- Introduce to other members
- 
- Avoid talking about hard trips, vehicle modifications, trips that needed recovery, personal innuendos about other members like being drunk, loud, snoring, party animal etc, in context it may be funny but to a visitor it could be the lead balloon.
- 
- Clearly explain the process of getting information, how to book a trip, the joining fee if applicable and the membership annual fee.
- 
- Offer any pre-joining benefits i.e., can attend a trip/event or two prior to joining or parting with their money (at the discretion of the club.)
- 
- The chair of the meeting should also be conscious of any robust deliberation at a meeting and the need to keep it in check, this may be a deterrent to prospective members if they feel they are in a hostile environment.
- 

## **Becoming a member**

- Cover the procedure and the responsibilities of being a member
- 
- Welcome pack and announcement at a meeting of the new membership
- 
- Process all required paperwork in a timely manner
- 
- Add to clubs' socials (with their consent, the best way to see the information without having to ask)

## Engagement (all members)

- General meetings need to be worth the trip, meetings should run for around two hours, members pay their membership to obtain more than just driving skills and locations, they also want information about what's happening, where the club committee is investing its time, future projects and directions, what's new in the world of 4wd driving, Special guests, new products, verbal trip reports, nasty stuff on social media, members profiles, members builds/improvements/failures. Try moving the coffee break to the middle of the meeting not the end of the meeting, this helps interaction between members instead of filing out the door at the end of the meeting.

- Always try and have something for general business at the end of committee reports, this helps in open conversations and can lead to more subjects and or ideas

- Contact all your club members on a weekly arrangement, this will help keep the club at the forefront of members' thoughts (remember, its most likely if you are reading this you are on the committee or a member who has a passion for your club), this can be harder than you think but important, some examples, weekly joke, Did you know (trivia), weekly recipe, club suppliers weekly specials, old trip reports from the archive, you get the drift.

- Monthly or bi-monthly Zoom meetings, (Outside of Club meetings as a social event like a Zoom happy hour one Sunday a Month) this really helps members who can't make meetings to stay engaged with members.

- Share information from other clubs, State Association newsletters

- Share milestones by members to the whole club the same as you would do to a family.

## Being a member (reading the signs)

- Needs to be done at their pace, putting timeframes can be a contributing factor to why new members feel they are not getting value from their membership
- 
- Some people just want to belong or have a specific reason, like insurance benefits, supplier discounts or classic registration. (Great members as they are like silent partners, happy just to help pay the bills) **consider this membership if your club has a minimum requirement about attending club meetings to stay a member.**
- 
- Dynamic members are also great members as they bring new life to old trips and events. Mostly likely end up on the committee.
- 

## Training

- Some clubs use 4wd training as the main reason to join a club, club rules, you must be at a pre-set standard by the club before being able to attend different level trips, so a very high focus and resources put into training the new members and once they have it, they leave the club. Why, I think they don't get to know the club and its members as they are too busy trying to do the training so they can be a full part of the club by attending all trips. So how do you as a club address the possible issue, well put in a buddy system for members who want harder trips but haven't completed the training(trip leaders discretion), spread out the training weekends so you have to be in the club for a couple of years before you can complete all the training, This may give the new member time to become an older member as they have become part of the club.
- 

## Departure

- Try and understand why members haven't renewed their membership, it may help shape the above document.
- 
- Membership is not a one-way street, clubs invest a lot of energy into members, with the process, insurance, training, education and most importantly experience that can only be gained by foundation members.
-

INTERESTING,AMAZING,AMUSING  
AND SOMETIMES EVEN USEFUL STUFF.  
POWER CRAZED MANIACS OF THE WORLD UNITE.

Over the past 60 years I have done a LOT of camping in many different places around Australia and the rest of the world in many different environments for many different purposes.

Over that time technology has wrought many changes to how we camp,what we camp with, levels of camping function and comfort, levels of camping challenge and fun.

One of the real biggies has been radical changes in our use of power and what we use to power our many accessories. First and foremost I guess would be lighting.Gone are the days of the ubiquitous gas lantern with a super fragile mantle poised and waiting to disintegrate just after you've removed it from it's padded travelling box [where it survived intact] and placed it on the gas cylinder. You turn the gas on and hear that satisfying hiss and just as you near the mantle with your flaming match-in a puff of dust and shower of white fragments it self destructs,just to spite you.

Naughty words were said,a new mantle liberated,tied into position,burnt in situ to get it prepped-all good. Light another match and cringe as it flickers in the hint of a wind,turn on the gas,approach the new mantle carefully-a hiss and whoompf-it's alight and emitting it's harsh,eye blistering light that starts to melt everything flammable within 2 metres-ahh,those were the days.

Move forward to 2023. Step into your camp area, flick a switch and the LEDs burst into radiance.Too bright-just adjust, not in the correct position, just pick it up and move [and not risk 3<sup>rd</sup> degree burns from the white hot glass cover].

You can have them outside,you can have them inside your caravan without having to worry about noxious and toxic fumes-how wonderful.

Too cold in the van-forget crouching around a smoky fire in zero degrees temperature as the sleet lashes your exposed skin in a 40 knot gale or the more practical gas heater [still fraught with problems],just crank up the diesel heater and away you go-lovely warmed air with all of the fumes left outside where they belong.

The fridge-don't worry about being dead flat so that the 3 way will work,get closish to flattish and the 12v compressor will chug away happily and effectively. Voile-cold stuff on the hottest of days.

Cooking-well a lot of gas is still used but induction hotplates run through massive inverters are becoming increasingly common and functional for the average camper.

Music systems, electric blankets, power tools, [potentially other playthings that we won't further explore here]- a world of function and fun lies at our fingertips - literally. All you have to do is flick a switch.

All well and good-UNTIL YOU RUN OUT OF BATTERY.

Then the excretia can really hit the rotary air circulation device. [except that won't work without electricity either]

No power = no lights, water pumps, diesel heater, warm blankie, fans, fridge, tools, toys etc etc = bit of a disaster really.

So how do we avoid this unfortunate experience. Options include:

A REALLY long extension cord

2000ah battery storage [still not 100% solution.]

Sneaky plug so you can steal your neighbour's power until you've drained their battery as well [probably won't make you very popular]

Get a functional battery monitor-seems like the easiest idea.

Generally any installed battery system will have a simple volt meter in situ. Better than nothing but doesn't really tell you a whole heap about what's happening with your battery, like how many amp hours you're likely to have left, how much you're using and exciting stuff like that so a few things to consider if looking at a battery management system or monitor.

They come in a wide range of set ups-from super expensive Redarc style for well over a grand to rather questionable ones from Ebay for \$20-the ultimate choice is always yours.

We have put in a Hardkor BM [battery monitor] which tells us volts, available amp hours, percentage of capacity still available [or used] and ampage draw at any particular time. I'm sure that it'll also do lots of other stuff but I haven't got that far along with the instructions as yet. Most importantly however it does allow us to easily keep an eye on what the batteries and our power storage is up to-good idea.

Cost \$99 [EOFY sale] but usually not much more than that.

Because there are so many available it, as always, is really up to personal choice so have a hunt and do some deep thinks about your needs and what you would actually need your BM to tell you and then go for it.

Always remember Caveat emptor [buyer beware] so research before you buy.

# THE DAILY DIAMOND.

YOUR CHOICE FOR ALL THE CHOICE INFORMATION ,COMMUNICATION,SCANDAL AND STORIES THAT YOU DO OR DON'T WANT TO KNOW.

Proceeds from the 'Mileage Masters' for the Flinders trip was very kindly donated to the RFDS as per below.

A big thank you and well done to all of the members on that trip

> 1300 889 569  
> flyingdoctor.org.au  
> supporter@rfdse.org.au  
> GPO Box 3537 SYDNEY NSW 2001



197347  
The Manager  
Black Diamond 4wd Club  
15 Compton Street  
DAPTO NSW 2530

31 May 2023

*Thank you for helping the  
Royal Flying Doctor Service save lives.*

Dear Sir/Madam,

Thank you so much for your generous recent donation of \$60.00. You'll find your tax-deductible receipt at the bottom of this letter.

Your kindness allows our Flying Doctors to be there no matter where or when they're needed, so they can keep saving the lives of those in the furthest corners of Australia.

Your donation will also help to bring remote, rural, and regional communities the crucial health services they would otherwise miss out on.

When a mum goes into labour early, or there's been a serious road accident, or a young farmer is battling depression alone – your generosity will help us be there.

Thank you for supporting the Royal Flying Doctor Service – and the people whose lives and health depend on it. Together we can continue to make a difference to Outback Australia.

Warm regards,

A handwritten signature in black ink that reads 'Greg Sam'.

**Greg Sam**  
Chief Executive Officer – South Eastern Section

**Your official receipt:** Royal Flying Doctor Service of Australia – SE Section  
ABN 86 000 032 422 GPO Box 3537 Sydney NSW 2001

Id # 197347

**Donation:** \$60.00  
**Receipt No:** 231781319

The Manager  
Black Diamond 4wd Club  
15 Compton Street  
DAPTO NSW 2530

Date: 20/05/2023

**Donations of \$2.00 or more  
are tax deductible**



To confirm that sleeping with a grandmother can have unexpected side effects we would like to announce that we have a new addition to our family-

A smallish [4.6kg] human child popped into the world on the 29th of May.

Matthew & Mel and of course Anne & I would like to welcome Molly Jane into our world.

Although her first few days were spent enjoying the wonders of the neonatal intensive care unit she is now doing well and booming along.

We are very much looking forward to taking her and brother Mason camping, 4wd driving and all of the other fun things that we all like to do.

Also really looking forward to when she starts dating and brings the bikie home-ain't karma a bitch.

John & Anne

Thai fish cakes from 'The Blue 'Elephant' cookbook.

The best fish cake recipe that I have come across.

Note: follow the recipe closely, especially regarding the amount of tapioca flour, otherwise you may end up with fishy rubber cakes.

## **INGREDIENTS**

*Makes 40*

500mls (2 cups, 16 fl oz) oil

### *Fish cakes*

500g (2½ cups, 1lb 2oz) any white fish fillets - minced

130g (5 tablespoons) red curry paste

60mls (4 tablespoons) fish sauce

1 egg - beaten

80g (8 tablespoons) tapioca flour

10g (2 teaspoons) baking powder

20g (1 tablespoon) palm sugar

10 kaffir lime leaves - thinly sliced discarding the stem

8 long beans - thinly sliced

### *Sauce*

90mls (6 tablespoons) water

60g (6 tablespoons) sugar

15mls (1 tablespoon) vinegar

5g (1 teaspoon) chilli powder

30g (2 tablespoons) roasted peanuts - chopped

30g (2 tablespoons) cucumber - thinly sliced

10g (1/2 cup, 1/2 oz) coriander - chopped

## **METHOD**

To make the dipping sauce, put the water, sugar and vinegar into a pan and dissolve the sugar over a low heat. Once the sugar has dissolved bring the water to the boil and boil for 5 minutes. Turn off the heat and add the chilli powder, peanuts and cucumber. Leave to cool and serve garnished with the coriander.

Mix all the ingredients for the fish cakes together in a bowl until they are thoroughly combined.

Make the fish cake mixture into small, flat cakes about 5cm (2½ inches) in diameter. Put the oil into a wok and when it is hot add the fish cakes. Fry them until they start to turn golden brown (about 2-3 minutes). Then take them out and put them on kitchen paper to drain. It is best to fry the above quantity in about 5-6 batches.

Serve the fish cakes while they are still hot with the dipping sauce.

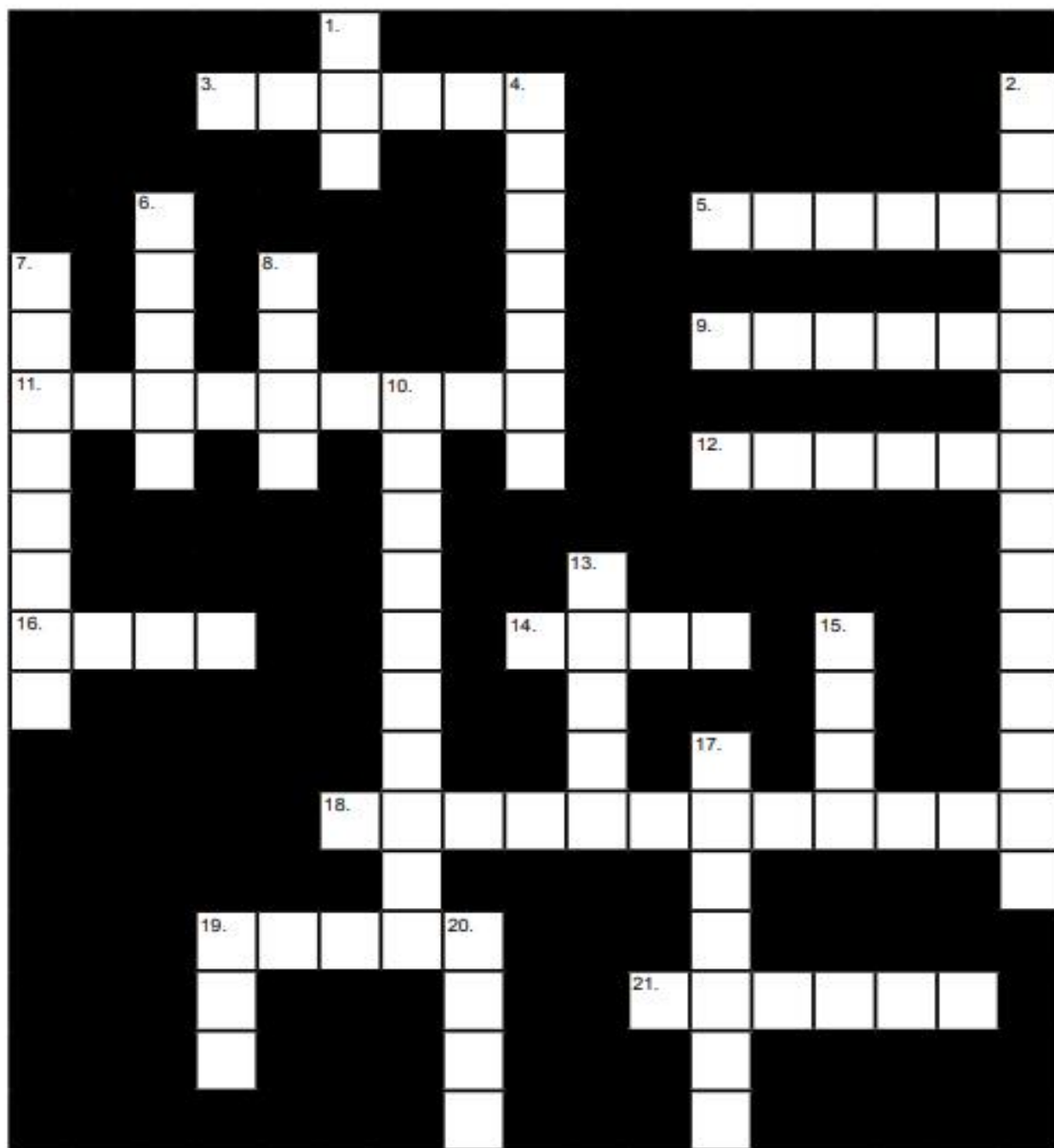
# CONUNDRUM CORNER.

Apologies. I had hoped to find time to construct a 4x4 crossword but life got away on us so you're stuck with the ARB crossword on the following page.

I also couldn't actually find the answers so we'll just have to all try the supplied cross word and see what interesting and creative answers pop up. Feel free to send in any interesting, amusing or downright rude [but not obscene] answers that you may come up with and I'll pop them in the next magazine.

You will have to print it out to actually complete it- life's like that

# ARB 4x4 Crossword



## Across

3. You fit these onto your tyres before driving in the snow. (6)
5. Name of ARB's newsletter: ARB 4x4 \_\_\_\_\_. (6)
9. What keeps your food and drinks really cool? The ARB \_\_\_\_\_ Freezer. (6)
11. The capital city where ARB's head office is located. (9)
12. The white, fluffy things that are in the sky. (6)
14. What you build from dead logs and sticks to keep warm when camping. (4)
16. Something you put on the top of the vehicle to sleep in: rooftop \_\_\_\_\_. (4)
18. You toast these over 14 across. (12)
19. Fourby's best friend. (5)
21. You can fit one of these onto your ute to increase your vehicle's storage space. (6)

## Down

1. You read this to find your way. (3)
2. A common slang term for a meal consisting of sausages and potato. (7,3,4)
4. Don't go through a river crossing without one of these. (7)
6. A furry Australian marsupial that eats gum leaves. (5)
7. You wear these on your feet when it's wet and muddy. (8)
8. Small, green amphibian that eats flies. (4)
10. Gigantic sea mammal, Southern \_\_\_\_\_. (5,5)
13. You can fit an electric one of these to your bull bar to help with recovery. (5)
15. A name for what you fill your car up with at the petrol station. (4)
17. Fourby's favourite hot (and flat) breakfast. (7)
19. What a compressor pumps into your tyres to inflate them. (3)
20. What side of the road you should drive on (in Australia). (4)

# Happy Birthday

## June

1 st Diane Burchell

3 rd Jenna Rowland

6 th Anthony Collins

8 th Samantha Cooper (Andrew Barlow)

11<sup>th</sup> Owen Joiner

12 th Robert Howes

13 th Fabio Bertolla

21 st Mick Bourke

24 th Ian McIntosh

29 th Ken Davies

## July

2 nd Kerry Bell

8 th Belinda Moore

15 th Marge Hynoski

16 th Gary Price

25<sup>th</sup> Katie Joiner

25 th Pippa Randahl (CHILD)

30 th Terry Coleman

# DIAMOND'S IN THE ROUGH

<u>DATE</u>	<u>ACTIVITY</u>	<u>DEGREE OF DIFFICULTY AND FACILITIES</u>	<u>TRIP LEADER OR ORGANISER</u>	<u>CONTACT DE- TAILS</u>



Social events, easy two wheel drive only



Soft to medium 4wd, may require recovery



Medium to hard will probably require recovery



Hard to extreme recovery will be required panel damage could occur

**T.T.T.** Trousers Tightening Tracks. Could mean anything.

*Please contact trip organiser 48 hours before departure date to get updated on any changes or other requirements need for the planed event.*

**See the trip register email for details and to add your name to a trip or see Macca for the trip book at the meetings.**

## TRIP REGISTER.

Stay up to date with all the new trips and changes to older trips via Maccas weekly Trip List coming to an email near you every Wednesday [or thereabouts at least]

# **Trip Reports**



# Bowmans House Working Bee

## Combined Trip Report

### June Long Weekend 2023

Workers: Lee and Nicole, John and Judy, John and Anne, Barry and Jen, Wes and Suzie, Bear, Virg and Maria.

Nothing beats sitting around the fire on a cold night with good food, drinks and great company!! And so it was on this June Long Weekend trip to Bowman's House. Stories were shared, birthdays were celebrated and Cake was had. Couldn't think of a better way to relax and enjoy the weekend.



After work was done there's time for a bit of fun and exploring. Our walk to the neighbouring property took us on a hike to the rivers' edge which led to the big question: How to get across the river? A couple of solutions were found after an adventurous hiker got his feet wet. Great afternoon was had and quite a few laughs too.



Great to get away with a small group of folk. Bowman's is in a beautiful part of the country. It was sad to see the house in such a sad state, but after much effort and elbow grease the house was returned to it's former state. We went for a lovely trip to the end of the property

followed by a walk to the creek crossing. It was mind blowing seeing the way the floods had just snapped trees off and cleaned the creek. Truly the power of nature at work.



Rats- our furry little friends who so enjoy our company that they moved *en masse into Bowmans, in anticipation of our long awaited return. Comfy nests in the furniture, tasty repasts of leftovers from previous tenants, to various plastics with detergent ETC.*

They thoughtfully left kilos of little rat droppings to show how much they love us. All gone – Bowmans is once again pristine clean, free from little ratty presents. Well done to all the hard workers.



It was so nice to see what Bowmans house is all about from constant teasing from everyone and their diesel heaters while I had the luxury of a swag, sitting around a fire while inside a shed t hating when you had to leave into the cold open air. Thanks for the great trip everyone.



Great to see Bowman's House and surrounding area in the condition it is now in, especially after this weekend's working Bee! Big improvement since I was last here. Club spirit was on show again, in how everyone played a part in the cleaning and repairs. Happy hours were as usual, great. But actually it turned into a weekend that you just had to build a bridge and get over it.



After an easy drive to Bowman's House and setting up our camps we were soon into full swing tackling the task at hand. With the Black Diamond removalist team evicting the squatters (Rats) and removing their creature comforts, Bowman's House is now set to house any King or Queen. Sunday saw us on our knees as we performed a miracle and raised the roof lifting the center pillar on the shed that had sunk some 300mm. Packing rocks underneath it before allowing it to stand on its own again. A quick stroll after lunch followed by the removal of the tree over the fence. The weekend was extremely productive with great company.

Thank you to everyone.



Well our day started well. We were last in. Nothing unusual but we got here, set up our camp, had morning tea then off to work J.B went. The house was to be done, cleaned out with all the old furniture and rubbish and placed into trailers (2 of them in fact). Good job done on the house, spick and span again. Congratulations to you all. Job well done. Then the outside... we started cleaning the land. Next day we went to the river, had lunch, saw a deer then went for a walk down the track. Once back did more around the yard and shed. Had happy hour plus a birthday Girl was in the midst with us so had a cake for her which was yummy as well. Good on you Nicole and Lee for making it. Tea time then back to the shed.

As for the weather a bit chilly as Judy would say but in all it was a good long weekend with a bonus box of chocolates.



## Bowmans Trip: Kings BDay Weekend 2023

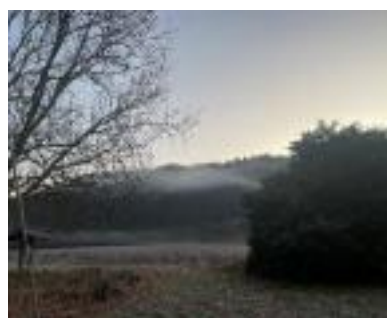
Saturday morning we started up Laz and headed up the mountain towards Mittagong to the meeting location. Suze and I had sworn not to be the last to the meeting point as I had pre warned her about the trip report. Getting to Mittagong we were greeted with a cold breeze something to keep in mind for the rest of the weekend. After saying hello to the travellers in the convoy We happily took up our position as TEC(tail end Charlie).

We ventured slowly along Wombeyan Caves road enjoying the views at our own pace- there are advantages of taking the tail. The usual friendly banter over the radio as well as the warnings of on coming cars. As we got closer to River Island retreat we heard JB's familiar voice. Waiting for JB at the gate before entering the property we presumed he was closer than he actually was. After closing the gate and getting all of 300 metres along the track we saw JB heading over causeway... Sorry JB.

Once we made it to the house we selected our camping locations and setup our weekend housing options with those usual terrible views of Bowmans and the surrounding ridges.

We quickly got stuck into the works required for the weekend. Water pipe was repaired allowing amenities to function, Power point for pump replaced and a plan for other works throughout the area. The house had its furnishings removed and a deep clean was carried out.

The fire pit was quickly setup in the shed readied for the usual chill out and socialising. Chillout was definitely occurring as temperatures dropped quickly with a barmy 1.5 degree reading from the cruiser. If you ventured away from the fire you were greeted with a deep chill and frost. The clear night sky earlier in the night was perfect to observe the fireworks show provided by TLCC on the other side of the river. Conversations around the campfire quickly focused on the function of diesel heaters and 12v electric blankets (Not all members were fortunate to have electric blankets or diesel heaters-Yes we will be adding a blanket to the camper soon). Those of us that weren't fortunate enough to own such features were feeling mildly jealous of others.





We would all be rethinking our options Sunday morning as we woke up to a frost on all items around the campsite. Even with the sun poking its head over the ridge it was still a nice -2.5 degrees. After breakfast we got stuck into raising the pole for the shed. Barry, Bear and site supervisor Nigel set to lifting the support pole.



After raising the Pole and also re-attaching some of the sheets from the roof we jumped into the cars and headed for a run along the trail. Lunch was beside the river before investigating access to a new property. The walk along the trail was challenging but the views were more than worth it



Leaving Camp Monday was a nice and leisurely affair. We meandered our way back up Wombeyan Caves Road through to Mittagong. I thought I had lost Lee & Nic as well as John and Anne, however they soon joined us as we merged on to the Hume. The final highlight for the Weekend was “Old Mate” in the Kia Ute thinking the breakdown lane and Hazard lights offered him exception to having to endure the holiday Monday traffic jam. We all commented that there is never a police officer around when you want one. Well our request was indirectly heard when just north of Pheasants Nest John jumps on the radio to inform us our thoughts had been answered. Suze and I happened to stop beside said Bike Patrol officer and commented this never happens. He asked how far “old mate” had been travelling in break down lane and when provided with our answer was overjoyed at adding some additional fines to the young drivers tally.

Was a great weekend with a huge amount achieved by a great group of people.  
Wes & Suze

Attendees:

Barry and Jo, Greg and Kerry and Fabio and Lesley

Day 1 – Broken Hill to Bendleby Ranges 350kms

Met up outside the Cemetery at Broken Hill (hoping this was not to be an omen) to start the journey to Bendleby Ranges.

We headed towards Yunta when not too far out of Broken Hill Greg calls over the radio that he will need to stop as he needs to make a running repair to his stone stomper. Barry replied, “good call because I will also need to fix my stone stomper”. At this stage Fabio and Lesley are thinking is it too late to turn around.

We arrived at Yunta for morning tea and a top up off fuel. From here we left the bitumen behind and turned towards Waukaringa. Waukaringa was an old settlement after a discovery of gold. The ruins that are left behind are for the mine itself, the hotel and post office. Enjoyed looking around the ruins, had some lunch and then back on the roads with Bendleby Ranges being our destination for the next 3 nights.

The roads were in good condition and we were able to maintain a steady speed, we even passed the grader on our way.

After what seemed like a long day, we arrived at Bendleby and we were left directions on how to get to our campsite. Once at campsite could not believe the size of the secluded campsite that was just for us. Plenty of room for more vans, there was even a long drop toilet for us and enough firewood to have fires while there.

Settled down to happy hour and later on stories around the campfire.





Day 2 – Bendleby Ranges 34kms

We all enjoyed a later start this morning with the aim to explore the tracks of Bendleby Ranges.

Armed with a map and instructions from the admin staff, novice trip leaders Greg and Kerry, managed to take a wrong turn out of the carpark!

At Gum Dale, ewes were lambing so we had to take a detour through the very pretty Ham's Dam to meet up again with Gum Gorge Road. We had a windy and cold morning tea stop at Murphy's Yards before the real adventure began.

We took the "amber route" which had us climbing and descending the ridges. Monument Loop provided stunning 360-degree views of the surrounding valley's, plains and ranges, beath taking. Also breathtaking were the butt clenching climbs and drops down into Hidden Valley. We walked some of the Hidden Valley Canyon and had lunch out of the wind. Kokoda Track led us to our ultimate destination, the 9/10 Link Road, Greg and Kerry missed the turn but fortunately Fabio has us back on track and we tackled the rocky creek bed, multiple shale covered ascents (thanks team for the instruction and encouragement) and finally the most amazing views of the station from North South Ridge. We dropped back into the station and our campground ready to prepare our camp oven dinners (and maybe a relaxing beverage!). What a day.



### Day 3 – Bendleby Ranges 64kms

After a lovely quiet night, awoke to blue skies and sunshine, but quite chilly – left camp at 8:30 for our adventures in the Hungry Ranges, next door to the Bendleby Ranges.

From the reception at Bendleby we entered the Hungry Ranges and got straight into a red track (high skill level). We did the Hungry Highway (9.5/10) and Quartz Gorge Circuit. There were some steep climbs on the Hungry Highway, but all were managed well by the drivers.



First stop for morning tea was on one of the ranges with magnificent views. Barry spotted an Echidna amongst the rocks and plants, hiding itself by curling up.

We then followed Front Track, which was an easy track through pastureland. Next was a drive on an (8/10) track, the Ridge top with beautiful views either side. Turning left onto East Fence we travelled to the Aeroplane Gorge, where in 1927 a de Havilland crashed. There is currently no wreckage there. We lunched at this spot.

Onwards to our ultimate destination, Billy Goat Ridge, a (10/10) track. All drivers handled it well. It was steep, rocky and narrow, but the views were spectacular. The road continued on as an (8/10) on the Kings Ridge Road, and continued to throw up challenges. The most difficult road was Pat's peak – a very steep rocky climb to a lookout with spectacular views. However, the track down was super hard – rocky with steps and sharp rocks. However, with some road "building" the track was passed by all, but with some trepidation.

The trip from there was somewhat easier, and after a quick stop at camp we went to Sunset Ridge for sundowners, watching the beautiful sunset.

Back at camp for dinner and a catch up on the day around the fire. All agreed a difficult, but fun day of 4wding



Day 4 – Bendleby Ranges to Rawnsley Park. 155kms

Woke up to another clear, cool morning and had to pack up to leave what was an outstanding campsite and station. We had driven all the hard tracks at Bendleby so Barry had to buy the sticker to prove it. Also had to buy the hat, hoodie, shirt and magnet.

Left Bendleby around 9:30 and within 10 minutes we had made a wrong turn and needed to



do a dreaded u turn.

Had great dirt roads to drive on (in better condition than some tar roads), only problem, apparently, was the dust being raised from said roads. After 2 more missed turns we pulled up at Kanyaka Ruins. Very impressive having so many buildings still, at least partially standing. Got to Hawker and had a great coffee and lunch. Restocked with fuel, groceries, water and firewood then continued onto Rawnsley Park Station.

Checked in and choosing after much deliberation a terrific bush campsite. We had terrific views east of Wilpena pound and also the southern end of the pound.

Finished the day with a chat around the compulsory fire. Looking forward to exploring the Flinders Ranges area.

## Day 5 – Flinders Ranges 205kms

It was time to play tourist today. An 8ish start saw us pulling out of Rawnsley Park Station and crossing the highway for a short climb up Pugilist Hill. We enjoyed lovely views of the Elders Ranges and Wilpena Pound.

Back in the car, along the tar, to Cazneaux Tree for a photo op then onwards to Bunyeroo Gorge Track. Lots of stops for photos and exploring, including a great drone shot by Barry on Razorback.

Bunyeroo Gorge Track met with Brachina Gorge Track with stunning rock formations, dry creek beds and even a few very shallow creek crossings. We parted ways with Fabio and Lesley at the junction of the Outback highway where they turned left to complete the Pines Walk and the rest carried on to Parachilna and the Prairie Hotel for a road kill lunch.

Back on the road and home via the scenic Moralana Scenic Drive.

Head count: Emu (many)

Rock Wallaby (3)

Sheep (not so many)

White Toyota's (too many)

## Day 6 – Flinders Ranges

Woke to a cold morning with ice on the vans and windscreens. But beautiful blue skies.

Left camp early at 8am for a short drive to Rawnsley Bluff carpark. We then commenced our epic walk, approximately 15km, up to Wilpena Lookout and Rawnsley Bluff.

The first half of the walk was a gentle climb through strands of native grasses and grass trees. Then the real climbing began! A steep rock scramble up a long climb, almost vertical up the mountain (500m vertical). We were rewarded with fabulous views along the way.

First, we went to Wilpena Lookout, which gave us a great view into Wilpena Pound – magnificent! Then we went onto Rawnsley Bluff with amazing views of the Chace Ranges, the climb was definitely worth it. We enjoyed the views and the rest in the sunshine, but knew we needed to head back down.

More scrabbling and slipping and sliding took us down the steep climb, then along a gentler path back to the cars. All in all, it took 5 hours and over 20,000 steps.

The afternoon was spent recovering. Jo and Barry drove into Wilpena Pound for a coffee, the rest of us stayed at camp.

The day was finished around the campfire. Another fabulous day.



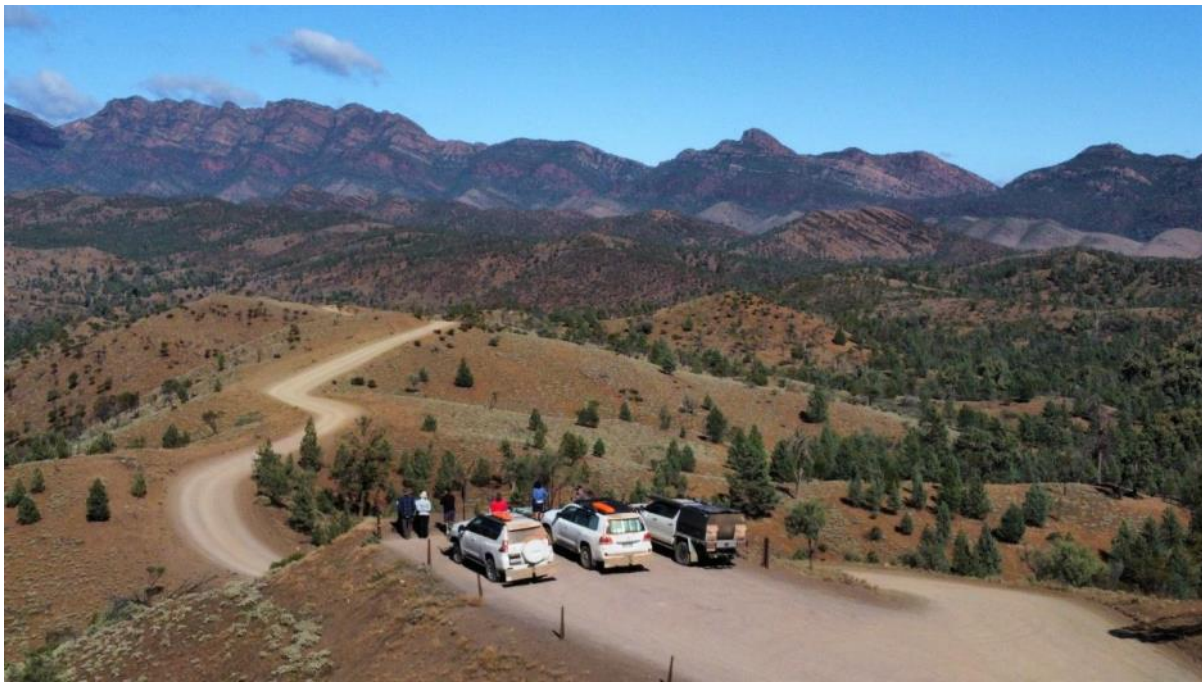
Woke to another clear and cool morning. After having breakfast, the Bertolla's and Neall's paid for and got the key required for the Arkapena 4wd track. This takes in the Western side of the Chance Ranges and also gives a scenic drive through Rawnsley Park.

The scenery constantly changed from the red colours of the range, greens of the bushy ground colours and many dry creek crossings. The gum trees in the creek beds, despite being dry creeks, were very impressive with their shape, size and colour.

After completing the AWD section of the track, we then took on the 4wd section. This consisted of steep and rocky ascents and descents. It also gave very nice views of surrounding hills and ranges.

After the excitement of the drive, we returned to camp for the usual fire-side chat, cook- up and star gazing.

Kerry and Greg enjoyed a 9am flight from Rawnsley Park Station over Wilpena Pound and out over Brachina and Parachilna Gorges. It was an awesome way to see the Flinders Ranges. Next, they headed into the Pound and booked on a Tour of Sacred Canyon, an interesting site and good commentary by the guide.



## Day 8 – Flinders Ranges

Barry and Jo and Greg and Kerry took the short drive to Wilpena Pound this morning. A quick coffee and we started the trek to the Hill Homestead, a relatively flat walk along the creek with huge gum trees and pretty water holes.

As we approached the homestead, we read interesting accounts of life in the late 1800's and early 1900's from the perspective of the early settlers and the local aboriginal people.

The homestead was built in a beautiful location near the creek, a short sharp climb led to some viewing platforms out over the Pound. After walking 7.9 kms we returned to the visitor centre. A nice relaxing afternoon in camp followed by yummy campfire cooking and a night sky that was magnificent.

Fabio and Lesley set off early from Wilpena Pound campground. 7am saw un on the track to St Mary's Peak along the outside track. It was cold, but the sun was rising above the hills and the sky was blue.

Initially we were climbing at a steady pace on a well formed track, but after the first hour, the track suddenly steepened and we climbed and rock-scrambled for the next hour to Tanderra saddle. Fabulous views all around. St Mary's peak was another 1.6 km climb, which we both decided was too much for us, so we turned homewards along the inside track, 12.8 km back to the campground. This was a slow descent, and we got back to camp at 1pm. The trek was beautiful, but we were glad to be home to rest weary legs.



Day 9 Flinders Ranges – Blinman 86kms

We all regrouped at Wilpena Pound for the next leg of our journey. It was a cold, cloudy morning.

Our first stop was Stokes Hill Lookout with amazing views all round. There was a topographic replica of the surrounding Flinders Ranges, which gave a good perspective to it all.

Next stop was the Great Wall of China – a natural “wall” on top of a hill that looked the wall in China.

We decided to do a station stay at Alpana Station and secured a lovely campsite by the dry creek bed. Then onto Blinman (5kms away) for a pie at the bakery for lunch – delicious. There were quite a few tourists in town which was a surprise to us. We booked our tour of the underground copper mine for Friday and headed back to camp.

After a couple of hours rest, we drove to Sunset Hill, on the station for a beautiful sunset.

Another glorious night around the campfire, with amazing stars above. The perfect end to a great day.



## Day 10 – Blinman 100kms

Started a bit later today, left camp at 9am in order to pick up coffees and morning tea from the bakery.

Then set off on a round trip with first stop being Nuccaleena Mine ruins and the Bushman's Inn, also at Nuccaleena. Had a good look around at the ruins left behind and also had morning tea at the old Inn and lunch at the mine ruins.

It was fantastic to be able to look through both sites with no other people around.

The road in and out of Nuccaleena was very rocky which made the trip slow, we kept crossing the dry creek bed and after a while Fabio and Lesley opted to drive the creek bed instead of the track as it was a smoother drive.

After passing through Moolooloo homestead first, next stop was Artimore Ruins. The track again was not great which slowed our trip down.

Had a quick arvo tea at Artimore then headed for camp in order to start a fire for our camp oven dinners.

All up only travelled about 100 kms, but it took us 7 hours.

Settled in for another cool night around the campfire.

## Day 11 – Blinman

Another tourist day today exploring Blinman, a very small town but it punches above it's weight.

First stop - the bakery – coffee and cakes before walking up to the old copper mine site for a tour with Duncan. It was an excellent tour and we learnt a lot about the old techniques for mining and lots of new terminology. We walked the outside of the mine site and then back to the "Pub in the scrub" for lunch and a "Peg Leg" lager.

From here we split up and then regrouped at Alpana for sundowners and a fire – well stocked after a foraging session across the creek bed.

Dinner more star gazing – another truly awesome day.

Day 12 – Blinman to Farina 298kms

Woke up to a cold morning, but blue skies again.

After packing up camp it was a trip back to the bakery in Blinman for morning coffee's and take away cakes.



We headed off down the Parachilna Gorge Road, a beautiful winding dirt road along a creek and gorge. There were many lovely campsites and we all agreed we'd love to camp there another time. Morning tea was along the road at the trail head to a part of the long Heysen Trail.

Further down the road, the terrain changed dramatically to open dry flat plains.

Next stop was Leigh Creek for groceries, fuel and water. Leigh Creek is a strange place – built for the mine, but now very quiet as the mine shut many years ago.

25 kms on we drove into Farina, a small derelict town – only ruins remain of a town that once had 300 people.

We found out campsite at nearby Farina station – grassy (if not somewhat dead grass), flush toilets, showers and large campsites. Very Nice! After a competitive game of Bocce (Jo and Kerry very talented!) we headed back to explore Farina's ruins and take in another beautiful sunset. Dinner and chats around the fire, and then off to bed.

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Day 13 – Farina to Lindon (on the Strzelecki Track) 222kms

Left Farina a bit later this morning after Barry tried lighting the fire to warm up “the Donkey” for hot showers. Either the fire was not hot enough or Barry didn’t know what he was doing, as we had cool showers.

sunset. DinnOn the road for a short drive to stop and look at the Ochre cliffs just north of Lyndhurst which we passed yesterday. So many different colours in the cliffs.

Back in the cars to start the Strzelecki Track only to find no dirt and only bitumen. Was starting to think it was going to be a lovely drive in the country.

Pulled up in a creek bed for a quick morning tea, then back on the track only to be met with dirt. Was not on it for long before we had to pull over and air down.

The dirt was changed to occasional short stretches of bitumen. Stopped at another ruins for lunch (Barry adding that he was all ruined out).

Went on to Montecollina Bore to have a look around, but no water. Would have been good to see water there but it has been dry for some time.

Fabio called over the radio of a “great campsite” at Yaningurie Waterhole, Fabio had to make the drive in to make sure Barry and Greg could get in and out with their vans as we had to drive over a couple of sand dunes. Fabio called over the radio that it should present no problems and we made the drive in. The only thing was Greg and Barry’s vans are wider than Fabio’s so we added some pin strips on the vans. It was a tight spot, but another fantastic spot where nobody would know we were there.



Greg had to do some repairs to his van, like putting doors back on the cupboards and affixing the bathroom tap back in place – which had unscrewed itself. (Strzelecki track 1, Greg 0)

This should give an indication of how rough the Strzelecki Track can be.

Greg and Kerry are really looking forward to another 200 kms on the track to finish at Innamincka, and wondering what will need repairing tomorrow night.

Had a great night beside the fire with lots of laughs.



## Day 14 – Lindon to Innamincka

Our little campsite was peaceful this morning however many footprints in the salt creek proved there was lots of activity during the night.

An 8:30 departure and our first rescue of the trip, Fabio and Lesley and Barry and Jo successfully scaled the larger dune to exit our campground but despite three attempts Greg and Kerry couldn't quite make it. A combination of Max tracks and a tow from Barry saw us all over the dune and on our way.

Some dirt turned into bitumen of varying quality all the way to Moomba Lookout, a bizarre industrial site in the middle of nowhere.

Barry learnt from friends that the Shitbox Rally – 250 vehicles were hot on our tails so we rolled out and headed straight for Innamincka. A long stretch of bitumen led us into the main township and after checking out a number of campsites along the river (Policeman's, Ski Park and King's) we settled on John Osmond Reserve, a popular but roomy ground with a pit toilet and dump point!

A casual afternoon setting up camp, more repairs for Greg and Kerry and a trip into the township for Barry and Jo and Fabio and Lesley.

Another lovely camp oven meal (including scones cooked by Kerry) and a chat by the fire to end another good day.



## Day 15 – Innamincka

A bit of a rest day.

Greg and Kerry took the drive out to the Dig Tree to look around. Fabio and Lesley took a bit of a drive also to look around and Barry and Jo just relaxed at camp.

Fabio did try a swim later in the afternoon in Cooper Creek but it was a bit cool for everyone else.



## Day 16 – Innamincka to Fort Grey 283kms

After breakfast at our campsite on the Cooper Creek at Innamincka, and after fuelling up etc., we headed down the Old Strzelecki Track toward Cameron Corner. We had been given mixed reports about the condition of the road, but it turned out to be in reasonable condition. We stopped at some ruins and a gravesite for a well digger who died in 1914.

Continuing down the track we noticed quite a bit of local fauna including 3 dingoes and cow carcasses and some magnificent wedge-tailed eagles.

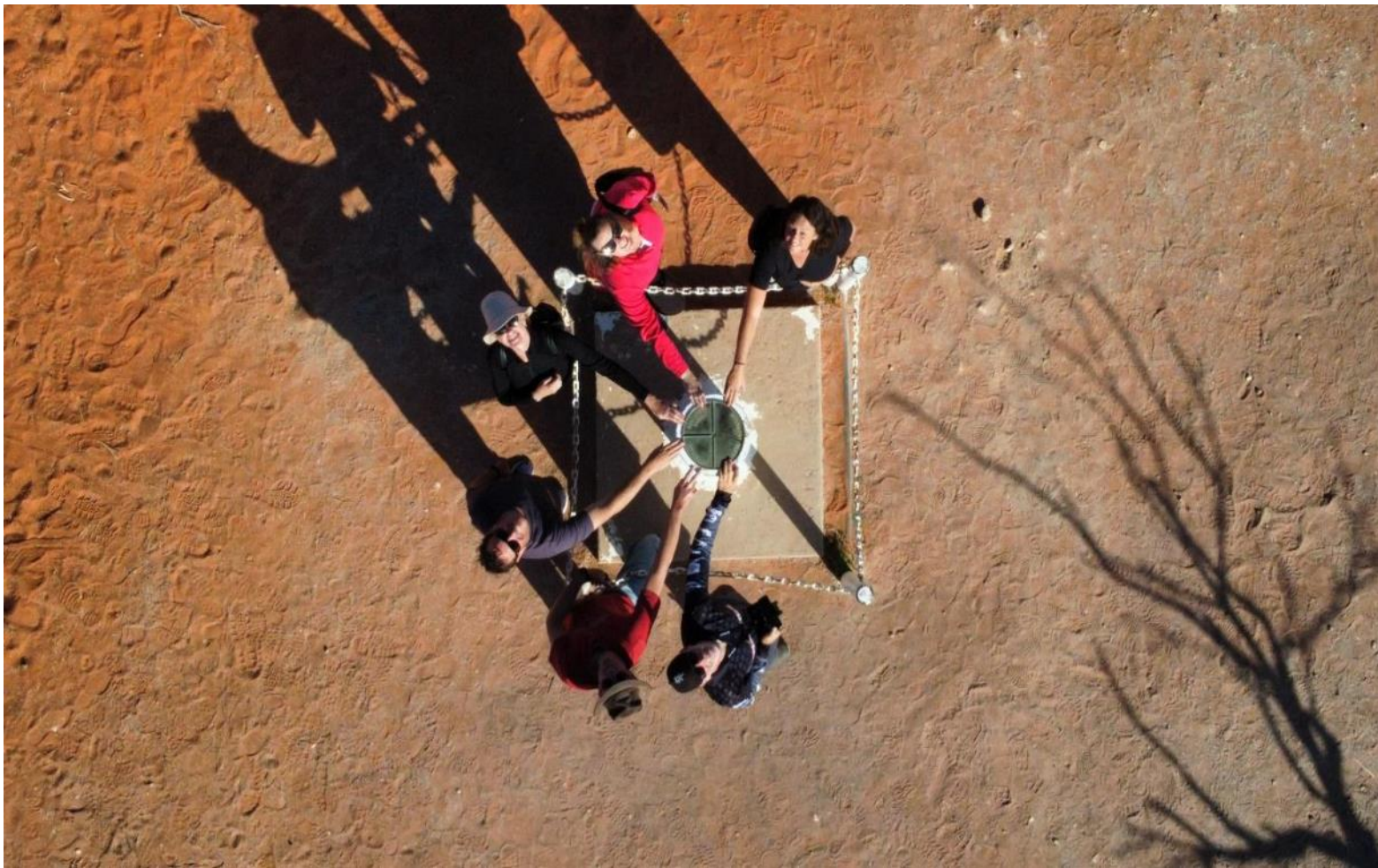
The road to Cameron Corner was heaps of fun – following a rollercoaster ride over the sand dunes. We all enjoyed the ride!

A later lunch was had at Cameron Corner Pub, with a photo or two at the actual Cameron Corner post, next to the 75,000 km dog fence.

Continuing on into NSW from Cameron Corner we stopped to look around Fort Grey for a campsite, but decided a fire was needed (which we're not permitted to light in the National Park). So, we continued on out of the National Park and found a lovely spot on the side of the Tibooburra Road for a peaceful campsite. Dinner and drinks around the campsite. Barry taught us a very funny word/tongue twister game! Lots of fun.







00

Day 17 – Fort Grey to Pine View Station      212kms

Woke to another clear sky. Greg and Kerry decided to take the trip via Tibooburra and Packsaddle, they also wanted a powered site so they could have some heating (we had camped without power the whole trip and they were feeling the cold, also we were not sure of the condition of the Border Downs track and they didn't want any more issues). When they got to Packsaddle the wind was howling and there was only dirt at the camping are at Packsaddle so decided to head into Broken Hill for the night before joining us in Silverton for the last night.

So, Barry and Jo and Fabio and Lesley headed off down the Border Downs Track unsure on what the road would be like as we were not able to find a lot of information on it. No need to worry as it was a great wide road in reasonably good condition allowing us to maintain a steady pace.

The only traffic we encountered was 2 quad bikes, one Jo met travelling at speed on a bend. Barry swore that the quad bike driver's eyes lit up like saucers when he saw our car and van in his vision going about 80 km/h.

We were lucky enough to drive down for a long period parallel to the dog fence – which was a sight not many people would see.

It was a good road but we had 17 gates to open and close, Jo and Lesley were getting lots of exercise.

Finally arrived at Pine View Station, (which is roughly half way between Cameron Corner and Broken Hill) where we were met by the owner offering us a cuppa.

We paid a tiny amount for the camping and they directed us to the creek bed which was to be our camp for the night. We found our spot and set up. We had the entire area to ourselves, so no problem finding a site.

Had sundowners, tea and then sat around the fire for another gorgeous clear sky looking for shooting stars.



Day 18 – Pine View to Silverton 164kms

Left the campground at Pine View after a coolish night.

Another lovely drive from Pine View to Silverton, passing through many gates (again) and stations, the road was sandy and rocky with some corrugations, but not too bad. However quite a lot of wildlife. Fabio and Lesley unfortunately hit an emu, but apart from losing some feathers it ran off to join its mates and there was no damage to the camper.

We saw lots of Kangaroo's and sheep and at one point a small kangaroo laying in the road, sunning itself, and not keen on moving. However, it eventually bounded away to its mother.

Getting closer to Silverton, we also spotted a number of wedge-tailed eagles.

We had a quick stop to look at Umberumberka Dam before heading to the bakery in Silverton for cakes, pies and coffees. Delicious.



The afternoon was spent lazing at camp, having showers and doing washing etc.

A game of Bocce was played, with Barry and Jo being the winners.

Sundowners were had (our last together) before heading into Silverton Pub for dinner.

Our last night around the campfire together. What a fantastic trip. Thanks to Jo and Barry for the great organisation. Thanks to all for fabulous camping. Can't wait for the next trip!





**Save the App that could save your life.**



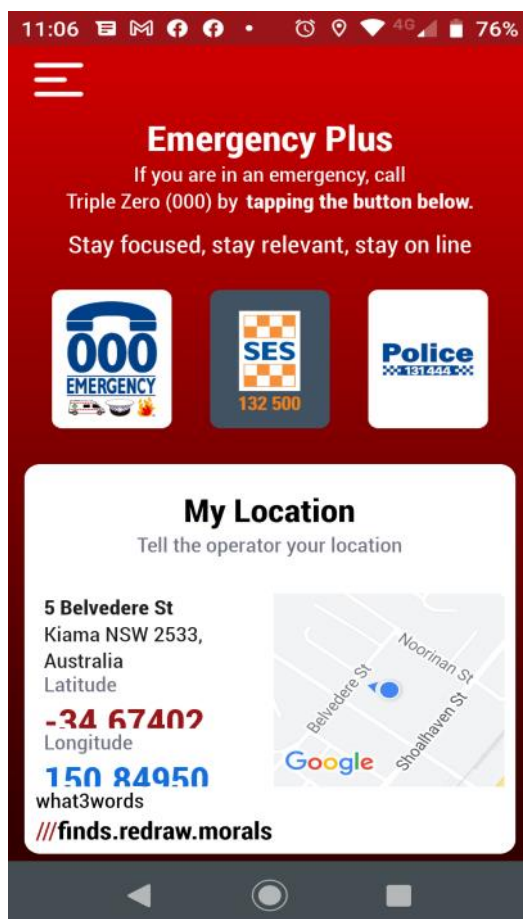
[\[ Free Download \]](#)



[\[ Free Download \]](#)

The **Emergency+** app is a **free** app developed by Australia's emergency services and their Government and industry partners.

The app uses **GPS functionality** built into smart phones to help a Triple Zero (000) caller provide critical location details required to **mobilise emergency services**





## ***THE BLACK DIAMOND TRAILER***



We now have a club trailer and its available  
for members to borrow.

It's stored in Cordeaux Heights, so is fairly  
central for most members.

I will need 48 hours (unless its a  
emergency) notice to make sure I'm at  
home.

Phone Macca 0427455569 to book.



# Communications

The Black Diamond Recreational 4wd Club inc. operates on several email platforms for communication with its members.

For general communications emails will be sent to members from:

[blackdiamond4wd@gmail.com](mailto:blackdiamond4wd@gmail.com)

Through this email address you will receive the monthly newsletter, Friday funnies and general club communications from our President Lee Dunstan. You can also respond to this email address directly to Lee.

For items you wish to include in the monthly newsletter you can send an email to John Poulton our editor:

[blackdiamondeditor@gmail.com](mailto:blackdiamondeditor@gmail.com)

The deadline for items to be included in the newsletter each month is the second Friday following the monthly meeting at 12 midday. [or thereabouts]

## *Getting you name down to go on a trip.*

Probably the most important communication or at least the most enjoyable is to get out on a club trip. To do this you need to respond to the "Trip Register email". Usually every Wednesday Ian McIntosh our Trip Coordinator will send out the trip register email from:

[blackdiamondtripregister@gmail.com](mailto:blackdiamondtripregister@gmail.com)

This email will often have several attachments listing all the details of the upcoming club trips. To put you name down onto one or more of these trips simply reply to the trip register email address stating your name and any family members to be included on the particular trip/s you wish to attend.

Example: Click Reply from the trip register email. Hi Ian (Macca) could you please add Lee and Nic to the Brindabellas trip and the Diamond Digs Trip. Thanks Nic.

Dobbing in a club member for a fine for stuff they do on a trip. This is meant to be a bit of fun and not designed to offend anyone in the least. If you see something worthy of a fine for a bit of fun send an email to the snitch address and it will anonymously find its way to Robert Howes (Tail Twister)

[blackdiamondsnitch@gmail.com](mailto:blackdiamondsnitch@gmail.com)

## Black Diamond Web Page:

If you wish to have something added to our web page drop a line to Greg Carthew our Web master at the email address:

[blackdiamondwebmaster@gmail.com](mailto:blackdiamondwebmaster@gmail.com)

## Social Media:

Black Diamond Recreational 4wd Club Inc. operates 2 Facebook pages one is a closed page for club members only where private and more sensitive information is posted.

The other page is our open/public Facebook page that can be searched and seen by the general public. The purpose of this page is to showcase our great club to the general public and lift our profile in the community.



**Club Library Book, Trip Report and  
Map Collection**

Books are currently stored at Lee and Nic's Place so call Lee 0409668175  
or Nic 0419485689

To request a book and we will bring it to the meeting.

# CLUB SHIRTS

To order shirts please see Lenore either at a meeting or by emailing [lexxmaxx@hotmail.com.au](mailto:lexxmaxx@hotmail.com.au)

## Polo shirts new cool dry royal/white

Standard shirt which includes Black Diamond logo and tag line \$35.00

Members can personalise their shirt by adding any or all of the following:

Name for an extra \$4.00

Sleeve logos (car logos) for an extra \$5.50 per sleeve

For example Shirt only \$35.00

With name \$39.00

With name and one sleeve \$44.50

With name and both sleeves \$50.00

Ladies and men's styles available

## DRESS SHIRTS

Chambray shirts which includes black diamond logo

Members names are not added to dress shirts.

\$40.00

Ladies and Men's Styles available

## JACKETS

Heavy weight Shepard jacket includes black diamond logo

\$50.00

Ladies and Men's Styles available

## KIDS SHIRTS

Sizes 6 to 16 \$20.00

Name for an extra \$4.00

Sleeve logo (car logos) for an extra \$5.50 per sleeve



**Lives saved so far in 2022 by black diamond members: 156**

**To date we have now saved 1734 lives since 2014.**

**Over a thousand lives guys, that's an amazing effort.  
Well done to those that have donated.**

**Now more than ever these guys need our blood,  
If you are able please donate**

**For more info Please go to [www.donateblood.com.au](http://www.donateblood.com.au)**

**Opening hours for the Wollongong Donor Center at 45-53 Kembla Street are**

**Monday, Tuesday, Wednesday: 7:00am to 7:00pm**

**Thursday: 7:00am to 8:00pm**

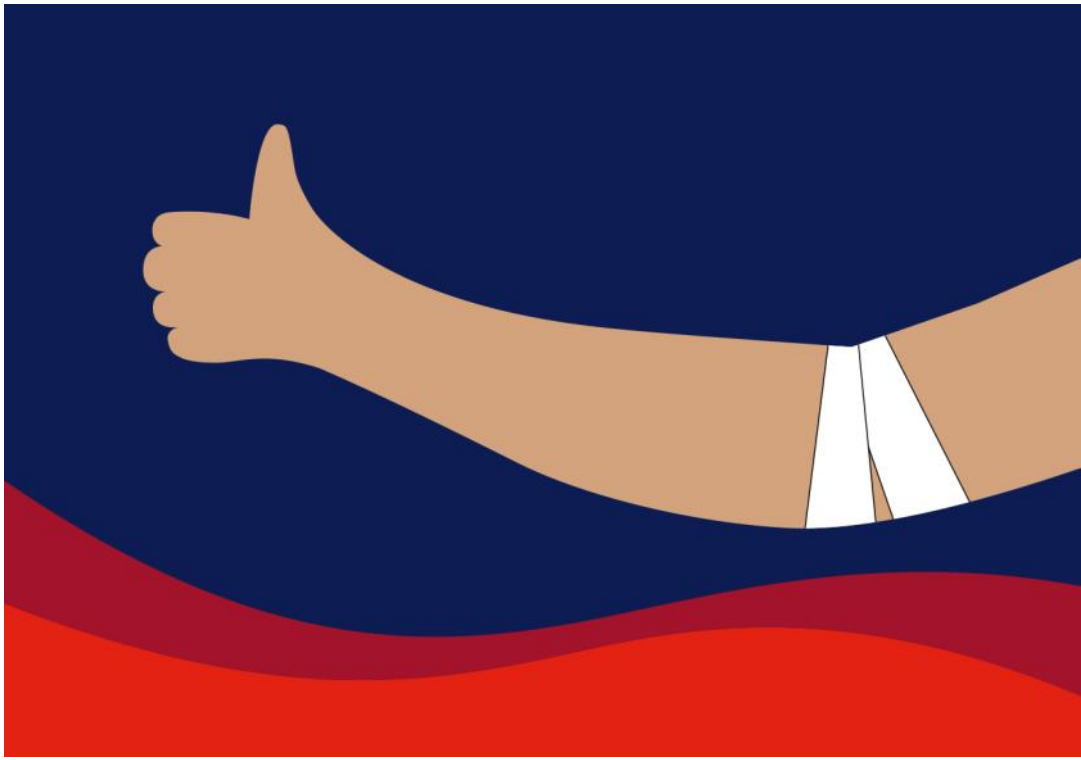
**Friday: 7:00am to 7:00pm**

**Saturday: 7:00am to 4:00pm**

**Sunday: 8:00am to 3:00pm**

**Thanks  
Bec.**





# **UK is A-OK**

LIVED IN THE UK?  
YOU CAN NOW GIVE BLOOD.

We're proper chuffed to welcome those  
who lived in the  
United Kingdom for over  
6 months between 1980 and 1996.

# Resuscitation Chart

D



## Danger

Check for **Danger** to Yourself, the Patient and Bystanders.

R



## Response

Check for **Response** by talk and touch.

S



## Send

If unresponsive, **Send** for help by calling Triple Zero (000).

A



## Airway

Open **Airway** and ensure it is clear.  
If not, roll patient onto their side and clear the airway.

B



## Breathing

Check **Breathing**.  
If patient is not **breathing** or breathing is not normal, commence CPR.

C



## CPR (30:2)\*

**Start CPR\***

Give 30 Chest Compressions followed by 2 rescue breaths.  
If unwilling or unable to perform rescue breaths continue chest compressions.  
\*For drowning, give 2 initial rescue breaths before starting compressions.

Ensure adequate backward head tilt when giving rescue breaths.  
Compressions should be at a rate of 100-120 per minute in the centre of the chest and be 1/3 of the patient's chest depth.  
For infants do not tilt head when administering breaths. Use 2 fingers to compress chest.

D



## Defibrillation

Attach an Automated External Defibrillator (AED) as soon as it is available and follow its prompts.

### Continue CPR until:

- The patient responds or begins breathing normally
- It is impossible to continue (e.g. exhaustion)
- A health care professional arrives and takes over CPR
- A health care professional directs that CPR be ceased

To get involved and learn to save a life, enrol at  
[surflifesaving.com.au](http://surflifesaving.com.au) or call 1300 766 257

This information is not a substitute for first aid training.  
Surf Life Saving recommends that everyone be trained in first aid.



AUSTRALIAN LIFESAVING  
**ACADEMY**  
NEW SOUTH WALES



# **Heart Attack and Sudden Cardiac Arrest: How Are They Different?**

## **Heart Attack = Circulation Problem**

A heart attack is when blood flow to the heart stops.

A heart attack occurs when a blocked artery prevents oxygen-rich blood from reaching a section of the heart.

When the artery is not reopened quickly, the part of the heart normally nourished by that artery begins to die. The longer a person goes without treatment, the greater the damage.

## **Cardiac Arrest = Electrical Problem**

The abrupt loss of heart function in a person who may or may not have been diagnosed with heart disease. It occurs suddenly, often without warning or in the wake of other symptoms.

It is triggered by an electrical malfunction in the heart that causes an irregular heartbeat.

With its pumping action disrupted, the heart cannot pump blood to the brain, lungs and other organs.

Death occurs within minutes if the casualty does not receive treatment.

A person experiencing a heart attack will usually be alert and breathing. In a cardiac arrest, the person will be unconscious or not breathing normally.

## **Common heart attack signs and symptoms include:**

1. Pressure, tightness, pain, or a squeezing or aching sensation in your chest or arms that may spread to your neck, jaw or back.
2. Nausea, indigestion, heartburn or abdominal pain.
3. Shortness of breath.
4. Cold sweat.
5. Fatigue.
6. Light headedness or sudden dizziness.

**Warning signs before a sudden Cardiac Arrest do not always occur.**

## **Possible Symptoms:**

- A. Fatigue or weakness.
- B. Shortness of breath.
- C. Fainting.
- D. Dizziness or light headedness.
- E. Heart palpitations.
- F. Chest pain.

## What is CPR?

- ❖ A combination of chest compressions and rescue breaths, pushing oxygen into the lungs so that it can go to the brain and keep a person alive.
- ❖ Chain of Survival – See the above DRSABCD Emergency Chart.
- ❖ Early Recognition and call for help – May prevent cardiac arrest.
- ❖ Early CPR – To buy time.
- ❖ Early defibrillation – To restart the heart.
- ❖ Post Resuscitation Care – To restore the quality of life.

Remain Calm - Immediately call 000 whether you are using a Mobile or Satellite Phone. If you are having difficulties connecting to 000 then try 112

Start chest compressions and use a defibrillator if available.

A heart attack can sometimes cause a cardiac arrest.

## What is an AED, and why are they vital in saving lives?

AED stands for Automated External Defibrillator. Most often called a DEFIB.

A DEFIB is a portable electronic device that automatically diagnoses the potentially life-threatening cardiac arrhythmias of ventricular fibrillation and ventricular tachycardia in a patient and can treat them through defibrillation.

**How to attach pads to the patients?** See the illustrations on the chest pads.

## Defibrillator general maintenance –

As per Manufacturer's Guidelines and Instructions.

## Routine Check:

- ◇ The FRX is quite simple to maintain, it performs a self-test every day.
- ◇ In addition, a battery insertion self-test is run whenever a battery is installed in the device.
- ◇ The defibrillator's extensive automatic self-test features have eliminated the need for any manual calibration.

## Reminder:

- ◆ Do not leave the defibrillator without a set of pads connected as the defibrillator will start chirping and the i-button will start flashing.
- ◆ Do not store the defibrillator with the Infant/Child Key installed.
- ◆ If the green READY light is blinking, it is NOT necessary to test the defibrillator by starting a battery insertion self- test, this uses battery power and risks draining the battery prematurely.





# ACHIEVEMENTS



## AND

# ACKNOWLEDGMENTS

### Inter Club Ten pin Bowling Night:

Rob Howes: Winner of the Presidents Challenge 2018

### Millage Masters:

Greg Carthew & Marg Hynoski, Binns Track Trip 2018.

John and Carol Lawrence, Darling River Run 2022

Tony and Bec Thorn, Destination NSW 2022

# **DIAMOND DIGS GPS LOCATIONS**

## **FRONT GATE:**

**S 35°10'19"**

**E 150°4'17"**

## **CAMPSITE:**

**S 35°9'36"**

**E 150°3'28"**

## **HELICOPTER EVACUATION SITE:**

**S 35°9'46"**

**E 150°3'21"**

## **EMERGENCY PHONE NUMBERS:**

**SHOALHAVEN POLICE: 02 4421 9699**

**BRAIDWOOD POLICE: 02 4842 2101**

**SES: 132500**

**NRMA: 131111**

# THANK YOU TO OUR CLUB SUPPORTERS

Farmborough Electrical services (Camp fridge repairs and spares)	<a href="http://www.Farmboroughelect.com.au">www. Farmboroughelect.com.au</a>	0412 246 357
Cassar's family meats	Shop 3 Horsley village shops Horsley	42 613 954
Illawarra Toyota	5 Miall Way, Albion Park Rail	42 577 111
Practic automotive services	32 Albert street Corrimal	42 841 553
JAS Oceania	7 O'neil Street Unanderra	42 713 600
Wollongong Diesel & 4 X 4	32 Beatson Street, Wollongong	42 253 773
Big Ricks	<a href="mailto:blackdiamondeditor@gmail.com">blackdiamondeditor@gmail.com</a>	
Grechys		0412 421 730
Club 4x4 insurance		1800 258 249
Drifta Illawarra	Highway Albion Park Rail	42 163 714
Dress code Photography	Lauren 0406 186 997	Jackson 0434 645 184



## *Dress Code Photography*

We are unconventional. For the unconventional.

Photographer capturing all events

Contact

Email: [info@dresscodephotography.com](mailto:info@dresscodephotography.com)

Website: [www.dresscode.photography](http://www.dresscode.photography)

Instagram: [Dresscode.photography](https://www.instagram.com/Dresscode.photography)





## **SATELLITE PHONE**

- ❖ The Satellite Phone (SAT PHONE) is available for the use of members on Club Trips and / or Personal Trips.
- ❖ The Satellite Phone can be booked by contacting our Webmaster, Greg Carthew, on 0402 302 455 or by email on [blackdiamondwebmaster@gmail.com](mailto:blackdiamondwebmaster@gmail.com)
- ❖ Remote Club Trips will take precedence over other club trips.
- ❖ BDR4WDC trips will take precedence over private trips unless that private trip is classified as REMOTE, which will need to have the committee decide who will take the Sat Phone.
- ❖ The Committee will have the final say in these matters.
- ❖ If you are unsure of how to use a Satellite Phone, then please ask Greg to show you how to use it, when booking.

### **Satellite Phone Rules and Charges**

1. The Phone number for the Sat Phone is 0405 896 064.
2. The Trip Leader has the responsibility for the Care, Usage and charging of the Sat Phone.
3. It is the **decision** of the Trip Leader whether a trip participant uses the Sat Phone.
4. Sat Phone users shall not alter or remove any logs within the Sat Phone.
5. It is the responsibility of the Trip Leader to ensure that the Sat Phone Logbook is filled in after each call, both incoming and outgoing calls are to be logged.
6. If the Logbook is not filled in, all calls made on that trip will be charged to the Trip Leader.
7. The Club Committee will have the final decision on whether a call made is a Personal or Emergency call.
8. The cost of all Emergency Calls will be covered by Black Diamond Recreational 4WD Club (BDR4WDC) whether the emergency is for a BDR4WDC member or a member of the public.
9. The cost of all personal calls will be covered by the person making the call.
10. The emergency number for Australia is 000. If you have difficulties connecting, then try dialing 112 which directs you to the same Triple Zero (000) call service.

**At the time of writing these rules, the cost of a Satellite Phone call is as follows: -**

- a. **Flagfall** = \$0.40
- b. **Call cost** = \$0.75 per 30 seconds or part thereof.

Therefore, to use the Satellite Phone for a period of **2 minutes** the cost would be \$0.40 Flagfall plus \$0.75 X 4 lots of 30 seconds = \$2.80 so add them together **\$2.80 + \$0.40 = \$3.20**

**The above phone call would therefore be at a cost of \$3.20**

**The cost is the same for both outgoing and incoming phone calls.**

However, to use the Satellite Phone for a period of **2 minutes and 2 seconds** the cost would be \$0.40 Flagfall plus \$0.75 X 5 lots of 30 seconds = \$3.75.....**\$3.75 + \$0.40 = \$4.15**

**The above phone call would therefore be at a cost of \$4.15**

**In the above example, the extra 2 seconds before ending the call would inflate your cost by more than 25%**



